

Dear Airline Co-Workers!
Please, join us to Ethiopia, working with Vital SEEDS Inc. volunteers to help bring soap, clothing, shoes, toys, books, and school supplies to the children victims of extreme poverty.

Our Mission in Ethiopia

Government-sponsored education in Ethiopia begins at age seven and demands the payment of a small fee. In an effort to give the children a head start and access to education, community-minded citizens are working with destitute parents to establish and support neighborhood schools.

Fresh and Green Academy is a kindergarten located in Addis Ababa. It was created in 2000 by Ms. Almaze Beyene and Ms. Muday Mitiku for the children in their community who spent most of their day begging on the streets. Priorities for the children, in addition to classroom learning, are to provide daily meals, weekly shower and clothing.

Fresh and Green Academy is supported entirely by donations made by individuals within the U.S. In-kind donations need to be transported abroad. Because it is extremely expensive to deliver donated items by mail or other means, we need your help to transport and deliver the items. Lengths of trips vary but are usually between one and two weeks. Participants are welcome to stay longer, or even a day if time is an issue.

How You Can Help

As airline employees, you can help us by carrying two 50 lb bags from EWR to IAD on Continental Airlines. Transfer to Ethiopian Airlines for flight to Addis Ababa via refueling stop in Rome. A one-way ticket from IAD to ADD can be purchased at the Staff Travel Office for about \$114. Direct return fare to IAD is about \$149. However, volunteers usually buy a ZED fare for about \$84 valid on ET, LH, BA or KL to Europe and then return to EWR or IAH via Continental Airlines (or the carrier you work for).

You are welcome to stay longer than a day and:

- Help by distributing the goods to the children
- Help with administrative tasks
- Assist in the breakfast and lunch program
- Take pictures for the Vital SEEDS, Inc. website
- Play with the children
- Teach English classes and/or assist teachers with classroom activities
- Observe the programs and provide your insight on the programs
- Assist in any other way
- Learn more about the culture, community and surrounding areas

Accommodations

We will arrange accommodations. The guesthouse we stay at is a 10-minute drive from the airport (and a 15-minute drive to the school). Up to four people can stay in a one-bedroom apartment, which has a toilet, hot shower, and kitchen. It costs around \$60 per day for two people, \$70 for three. The guesthouse also has hotel rooms available with a double bed for two to share at \$50. If you prefer to stay by yourself, the room costs about \$40. The building has four floors (no elevator). The area is quiet and safe.

Food

Breakfast is available at the hotel for an extra charge. It is brought to the rooms. There is also a coffee shop at street level. If you spend time at the school with us it is best to bring snacks, as there are few places to eat nearby. At night, we get together for dinner in the downtown area of Addis Ababa (Bole).

Preparing for Your Visit

- Contact a travel clinic at least a month before you plan to travel for required and recommended shots for visiting Addis Ababa. A yellow fever vaccination certificate is required for all visitors. Because of the altitude of Addis Ababa, contracting malaria is highly unlikely. However, you should heed your doctor's advice.
- A visa is necessary. A single entry tourist visa can be obtained upon arrival in Addis Ababa for \$20. If you wish to obtain a multiple-entry visa, you must apply for it through an Ethiopian consulate or the embassy. It costs \$70 and is good for 2 years.
- ATMs are scarce and few businesses take credit cards. Therefore, make sure that you have sufficient cash for your stay. Accommodation expenses will vary. Food will cost about \$6 a day. Transportation expenses locally will be shared with the group. When necessary we rent a minivan at about \$35 a day.

More questions? Want to Find Out More?

- Learn more about Vital SEEDS, Inc. at www.vitalseeds.org and click at the *Volunteer Opportunity* tab to read more details about the trip. Click the *Viewpoint* tab to read a volunteer's observations about a recent trip.
- Visit the Ethiopian government website at www.ethiopianembassy.org/index.shtml.
- Visit the American Government travel page at http://travel.state.gov/travel/travel_1744.html for warnings, alerts and more.
- Combine your visit with a vacation--see www.wikitrip.com/en/Ethiopia.
- To communicate with experienced participants contact:
Gabriela Dias at gabrieladias@vitalseeds.org or
Latonia Fairbanks at latfairbanks@netzero.net

If you are not able to join us, please consider donating to our efforts. Visit the website for more information.

Vital SEEDS, Inc.
Because only together we can make a
difference!!!
www.vitalseeds.org